

HEALTH & FITNESS

*Pay Early and Save!!!

Pre-register before the date of the first class and save \$10/session on the following aerobic classes. Classes are 9-week sessions and are open to teens & adults.

Wellness–Building a Healthier Community

Franklin Parks and Recreation joins forces with Johnson Memorial Occupational Health and Immediate Care Center to provide a wellness initiative for community residents. Each participant will have their blood pressure taken and blood drawn to access Total Cholesterol, HDL, LDL, Triglycerides and Glucose. The lab results will be mailed to each participant. For the most accurate results, each participant must fast at least 8 hours prior to testing. A \$20 charge will be assessed to cover the costs. Save a trip to your doctor and a trip to the lab for the same results and a lot less money spent on this wellness program. When costs are over \$100 for these tests through your doctor why not SAVE! SAVE! SAVE! You must pre-register/pre-pay for this program. Appointments are scheduled between 7:00am–9:00am.

DATE	DAY	COST	DATE	DAY	COST
1/21	Mon	\$20	6/23	Mon	\$20
1/23	Wed	\$20	6/25	Wed	\$20
1/25	Fri	\$20	6/27	Fri	\$20
3/17	Mon	\$20	10/13	Mon	\$20
3/19	Wed	\$20	10/15	Wed	\$20
3/21	Fri	\$20	10/17	Fri	\$20

Good Morning Aerobics*

This class is great for those looking for an A.M. exercise class. Morning Aerobics is a mixture of cardio and toning with emphasis on increasing cardio vascular endurance, strength, and toning. A variety of tools will be used to achieve this such as: the step, bosu, bands, free weights, body bars, exercise balls, as well as the participant's own bodily resistance. Childcare is available for \$1.50/child. 9 weeks.

CODE	COST	DAY	DATE	TIME
12008-A	\$48/\$52	T/TH	1/8-3/6	9:00-10:00
12008-B	\$48/\$52	T/TH	3/18-5/15	9:00-10:00
12008-C	\$48/\$52	T/TH	8/5-10/2	9:00-10:00
12008-D	\$48/\$52	T/TH	10/14-12/11	9:00-10:00

Silver Steppers*

Silver Steppers is an exercise program created for those 55 and better. Regular exercise is necessary to remain healthy and independent. This exercise program is a low impact workout, improving flexibility, cardio vascular and increasing energy. 9 weeks.

CODE	COST	DAY	DATE	TIME
12108-A	\$32/\$35	M/W/F	2/4-3/7	10:00-11:00
12108-B	\$48/\$52	M/W/F	3/17-5/16	10:00-11:00
12108-C	\$48/\$52	M/W/F	5/26-7/25	10:00-11:00
12108-D	\$48/\$52	M/W/F	8/4-10/3	10:00-11:00
12108-E	\$48/\$52	M/W/F	10/13-12/12	10:00-11:00

Fitness Center Membership

We have a variety of cardiovascular equipment, Pro-Power weight lifting equipment and free weights in our Fitness Center. Individual memberships are available for **\$60/resident** or **\$80/non-resident**. You must be at least 14 years of age to qualify for a fitness center membership. Individuals under 18 must have a consent form signed by a parent/guardian. Membership is valid for one-year. A valid facility membership is needed to purchase a fitness center membership.



Total Fit Aerobics*

This group fitness package gives you a complete workout in a fun and invigorating class. Total Fit combines cardiovascular training with strength training and stretching. This program is for both beginner and intermediate participants. The instructors have a wide variety of equipment to incorporate into their routine including: step bench, exercise balls, bands, bosu, body bars, jump ropes, free weights and we also provide exercise mats for you to use. Instructors: Eleanor Kent, Stacey Byerly, Laura Albright and Julie Anderson. 9 weeks.

Mondays- 5:30-6:30pm
Tuesdays – 6:30-7:30pm
Wednesdays- 5:30-6:30pm
Thursdays- 6:30-7:30pm
Saturdays – 9:30-10:30am

CODE	COST	DAY	DATE
12208-A	\$48/\$52	M,T,W,TH, Sat	1/7-3/8
12208-B	\$48/\$52	M,T,W,TH, Sat	3/17-5/24
12208-C	\$48/\$52	M,T,W,TH, Sat	5/26-7/26
12208-D	\$48/\$52	M,T,W,TH, Sat	8/4-10/3
12208-E	\$48/\$52	M,T,W,TH, Sat	10/13-12/13

Pilates*

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance and coordination without adding muscle bulk. In addition, Pilates increases circulation and helps to sculpt the body and strengthen the body's "core" (torso). People who do Pilates regularly feel they have better posture, are less prone to injury and experience better overall health. 9 weeks.

CODE	COST	DAY	DATE	TIME
12308-A	\$45/\$49	M/W	1/7-3/5	6:45-7:45 pm
12308-B	\$45/\$49	T/TH	1/8-3/6	8:00-9:00 am
12308-C	\$45/\$49	T/TH	1/8-3/6	4:45-5:45 pm
12308-D	\$45/\$49	T/TH	1/8-3/6	6:00-7:00 pm
12308-E	\$45/\$49	M/W	3/17-5/21	6:45-7:45 pm
12308-F	\$45/\$49	T/TH	3/17-5/22	8:00-9:00 am
12308-G	\$45/\$49	T/TH	3/17-5/22	4:45-5:45 pm
12308-H	\$39/\$41	T/TH	3/17-5/22	6:00-7:00 pm
12308-I	\$45/\$49	M/W	5/26-7/23	6:45-7:45 pm
12308-J	\$45/\$49	T/TH	5/27-7/24	8:00-9:00 am
12308-K	\$45/\$49	T/TH	5/27-7/24	4:45-5:45 pm
12308-L	\$45/\$49	T/TH	5/27-7/24	6:00-7:00 pm
12308-M	\$45/\$49	M/W	8/4-10/1	6:45-7:45 pm
12308-N	\$45/\$49	T/TH	8/5-10/2	8:00-9:00 am
12308-O	\$45/\$49	T/TH	8/5-10/2	4:45-5:45 pm
12308-P	\$45/\$49	T/TH	8/5-10/2	6:00-7:00 pm
12308-Q	\$45/\$49	M/W	10/13-12/10	6:45-7:45 pm
12308-R	\$45/\$49	T/TH	10/14-12/11	8:00-9:00 am
12308-S	\$45/\$49	T/TH	10/14-12/11	4:45-5:45 pm
12308-T	\$45/\$49	T/TH	10/14-12/11	6:00-7:00 pm

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Cycle Fit*

Cycling is an aerobic exercise that takes place on a specially designed stationary bicycle. Cycling is as effective as walking and running for toning large muscles of the lower body. It provides the needed aerobic activity to stimulate the cardiovascular system but with less stress on your joints. Cycling is one of the best activities for improving cardiovascular fitness. The instructor will be using a wave radio to transmit instruction and music. It is recommended to bring a walkman radio to class. 9 weeks.

CODE	COST	DAY	DATE	TIME
12408-A	\$38/\$41	Sat.	1/12-3/8	8:00-8:45am
12408-B	\$38/\$41	Sat.	3/22-5/24	8:00-8:45am
12408-C	\$38/\$41	Sat.	5/31-7/26	8:00-8:45am
12408-D	\$38/\$41	Sat.	8/9-10/4	8:00-8:45am
12408-E	\$38/\$41	Sat.	10/18-12/13	8:00-8:45am



ON-LINE Registration

www.franklinparks.org

Gentle Yoga*

A slower paced Yoga class to make it more accessible for all ages and fitness levels. Yoga can provide pain relief, relax stiff muscles and ease sore joints. If you have trouble sitting on the floor, most of the poses done in this class can also be done from a chair. As with our regular yoga class, deep breathing and relaxation exercises will be emphasized. 9 weeks.

CODE	COST	DAY	DATE	TIME
12508-A	\$51/\$56	Mon	1/7-3/3	6:30-8:00
12508-B	\$51/\$56	Mon	3/17-5/19	6:30-8:00
12508-C	\$51/\$56	Mon	8/4-9/29	6:30-8:00
12508-D	\$51/\$56	Mon	10/13-12/8	6:30-8:00

Yoga*

This ancient art of exercise designed to improve your health. Learn to relax and reduce tension while building strength and flexibility through simple stretching and proper breathing. Energize and rejuvenate your body and mind. Wear loose comfortable clothing to class. 9 weeks.

CODE	COST	DAY	DATE	TIME
12608-A	\$51/\$56	Mon	1/7-3/3	6:30-8:00
12608-B	\$51/\$56	Mon	3/17-5/19	6:30-8:00
12608-C	\$51/\$56	Mon	8/4-9/29	6:30-8:00
12608-D	\$51/\$56	Mon	10/13-12/8	6:30-8:00

Yogalates*

Can't decide between Yoga and Pilates? This program focuses on both Yoga and Pilates which improves core strength and balances the muscles around the joints, improving the way your body functions, looks and feels. You'll get the best of Yoga & Pilates in one class! It is *not* appropriate for pregnant women. 9 weeks.

CODE	COST	DAY	DATE	TIME
12708-A	\$51/\$56	Sat	1/12-3/8	8:30-10:00
12708-B	\$51/\$56	Sat	3/22-5/24	8:30-10:00
12708-C	\$51/\$56	Sat	8/9-10/4	8:30-10:00
12708-D	\$51/\$56	Sat	10/18-12/13	8:30-10:00

Yoga for the Family

Children, parents and/or guardians will learn and practice a variety of yoga poses and play yoga games together. Having fun as a family with exercise will be emphasized. Please wear comfortable exercise or play clothes. Ages 2-6 and adult. 9 weeks.

CODE	COST	DAY	DATE	TIME
12808-A	\$11/\$12	Wed	1/16-2/20	4:45-5:15

Vinyasa Yoga Basics*

Are you a little nervous about trying Vinyasa Yoga or maybe you aren't sure what Vinyasa Yoga is? Vinyasa Yoga is a flowing style of yoga which helps improve strength, flexibility and balance. The word Vinyasa means "breath-synchronized movement." This class will help beginners and advanced beginners learn basic poses, sequences and vocabulary. Enroll with a friend or family member for encouragement and support. We'll learn to do poses individually and together. 9 weeks.

CODE	COST	DAY	DATE	TIME
12908-A	\$36/\$39	Wed	1/9-2/27	5:30-6:30

Introduction to Prenatal/Postnatal Yoga*

Learn basic yoga breathing exercises and poses specially selected to help soon to be or new moms adjust to the many physical and emotional changes that occur in pregnancy and after child birth. This class will focus on helping new or soon to be moms feel more relaxed and calm. Doctor permission is required. Dads are welcome and should bring a pillow and a belt. Childcare is available \$1.50 per child. 9 weeks.

CODE	COST	DAY	DATE	TIME
12918-A	\$36/\$39	Wed	4/9-5/14	5:45-6:30